




Morningside Activities Calendar






January 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
Programs subject to change please use the daily sheets for updates!	<u>BIRTHDAYS</u> <u>THIS</u> <u>MONTH</u> 1/1 Deborah 1/4 Barbara 1/18 Mary				AC – Activity Center 1 st floor CC – Cozy Corner MS3 DR – Dining Room Main MS – Morningside Welcome Xavier to Morningside as our new Program Assistant/Activities!	Spiritual Support Creative Expression Physical Fitness Brain Fitness Entertainers/Instructors Music
 <p>2024 Activity Professional Week January 21-27</p> <p><i>Innovate, Inspire, Involve</i></p>	1 NEW YEAR'S DAY 9:30 Walk Group 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 BINGO w/Farah MS1 1:00 Creative Expression 3:30 Sing-along Songs 6:00 Musical Movie	2 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Book Group 2:00 Activity Trays & Puzzles 4:00 Music w/ Michelle MS1 6:00 Hollywood Classics	3 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Writing Group 2:30 Word Game 3:15 Virtual Concert – YouTube Symphony 6:00 I Love Lucy	4 9:30 Walk Group 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Manicures 1:30 Joel & Dan Music 2:15 Activity Trays or Board & Card Games 6:00 Hallmark Channel	5 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Resident Social 2:00 Music w/ Michelle 6:00 Evening Film – Up TV	6 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Armchair Travel - Europe 6:00 Evening Film – Resident Choice
7 9:00 Spiritual Time 10:00 Folk Music with Paul & Pam 11:15 Daily Chronicle 1:00 Activity Trays 2:00 Walk n Roll 3:15 Puzzles 6:00 Evening Film Me TV	8 9:30 Walk Group to AC 10:00 Word Game 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Farah MS1 1:00 Creative Expression 2:00 Cooking Group AC 3:30 Sing-along Songs 6:00 Musical Movie	9 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Book Group 2:00 Activity Trays & Puzzles 4:00 Music w/ Michelle MS1 6:00 Hollywood Classics	10 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Writing Group 2:30 Word Game 3:15 Virtual Concert – YouTube Symphony 6:00 I Love Lucy	11 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Manicures 2:15 Activity Trays or Board & Card Games 6:00 Hallmark Channel	12 9:30 Walk Group to AC 10:00 Word Game 10:30 Ballroom Dancing 11:00 Daily Chronicle 1:00 Resident Social – Monthly Birthdays 2:30 Live Jazz with Elan Mehler 3:30 Meditation & Zen 6:00 Evening Film – Up TV	13 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Armchair Travel - Europe 6:00 Evening Film – Resident Choice
14 9:00 Spiritual Time 10:00 Folk Music with Bill Perry 11:15 Daily Chronicle 1:00 Activity Trays 2:00 Walk n Roll 3:15 Puzzles 6:00 Evening Film Me TV	15 Martin Luther King Jr. 9:30 Walk Group 10:00 Word Game 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Farah MS1 1:00 Creative Expression 2:15 Brian reads Speeches of Dr. King 3:30 Sing-along Songs 6:00 Musical Movie	16 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Book Group 2:00 Activity Trays & Puzzles 4:00 Music w/ Michelle MS1 6:00 Hollywood Classics	17 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Ukulele Music with Brian 2:30 Word Game 3:15 Virtual Concert – YouTube Symphony 6:00 I Love Lucy	18 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Karaoke Singalong 2:15 Activity Trays or Board & Card Games 6:00 Hallmark Channel	19 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Resident Social 2:00 Silent Film with Live Accompaniment 3:30 Meditation & Zen 6:00 Evening Film – Up TV	20 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Armchair Travel - Europe 6:00 Evening Film – Resident Choice



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SUN	MON	TUES	WED	THURS	FRI	SAT
21 (NAP) Week 9:00 Spiritual Time 10:00 Folk Music with Paul & Pam 11:15 Daily Chronicle 1:00 Activity Trays 2:00 Walk n Roll 3:15 Puzzles 6:00 Evening Film Me TV	22 (NAP) Week 9:30 Walk Group 10:00 Word Game 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Farah MS1 1:00 Creative Expression 3:30 Sing-along Songs 6:00 Musical Movie	23 (NAP) Week 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Book Group 2:00 Activity Trays & Puzzles 4:00 Music w/ Michelle MS1 6:00 Evening Film – Hollywood Classics	24 (NAP) Week 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Writing Group 2:30 Word Game 3:15 Virtual Concert – YouTube Symphony 6:00 I Love Lucy	25 (NAP) Week 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Manicures 2:15 Activity Trays or Board & Card Games 6:00 Hallmark Channel	26 (NAP) Week 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Resident Social 2:00 Music w/ Michelle 3:00 Surprise Party 3:30 Mediation & Zen 6:00 Evening Film – Up TV	27 (NAP) Week 9:30 Walk Group 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:30 Armchair Travel - Europe 6:00 Evening Film – Resident Choice
28 9:00 Spiritual Time 10:00 Folk Music with Bill Perry 11:15 Daily Chronicle 1:00 Activity Trays 2:00 Walk n Roll 3:15 Puzzles 6:00 Evening Film Me TV	29 9:30 Walk Group 10:00 Word Game 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Farah MS1 1:00 Creative Expression 3:30 Sing-along Songs 6:00 Musical Movie	30 9:30 Walk Group to AC 10:00 Word Game 10:30 Morning Stretch & Ball Exercise 11:00 Daily Chronicle 1:00 Book Group 2:00 Activity Trays & Puzzles 6:00 Evening Film – Hollywood Classics		National Activity Professionals Week (NAP) is celebrated January 21–27. “Innovate, Inspire, Involve”	<div><div><div>2024 Activity Professional Week January 21-27</div></div><div><i>Innovate, Inspire, Involve</i></div><div></div></div>	